

## I. Intro:

- a. Open with story of inspiring woman

## II. Characteristics of Womanhood:

- a. Body, emotions, empathy.
- b. We are made to be loved; to be in relationship.

## III. Desires:

- a. To be loved.
- b. To be seen as beautiful.
- c. We all have desires.
  1. We have desires for love, intimacy, and satisfaction, and these desires are very good
  2. **The Problem** is not that we *have* desires, but is what we *do* with our desires.
  3. All good things can be properly used or can be misused. i.e. Driving a car to go see your family in another state as opposed to drunk driving, using chemistry to create something good as opposed to chemical warfare, using your phone to call a friend as opposed to using your phone to call a friend in the middle of class!

## IV. Challenges from the culture:

- a. *MAGAZINE DEMO*
  1. Self Image
  2. We are not just bodies, or just souls. Our value lies in who we are as a whole person.

## V. Chastity:

- a. Begins with an understanding of what it means to be a woman.
- b. Chastity allows us to receive the love we are made for.
  1. [CCC 2337](#) *Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being.* Chastity is saving all sexually intimate acts for marriage. I know when to say yes and when to say no.
- c. Chastity is a call to love rightly, in the right way in the right time.

## VI. WHAT IS LOVE?

- a. Inspiring story of sacrificial love.
- b. True Love is wanting the good of another person.
- c. Opposite of love is Lust- USE. (Counterfeit)
- d. What do I really want? And am I living that?

## VII. Language of the Body:

- a. Everything we do speaks a language.
- b. Sex is the language of the marriage vow.

## VIII. Contraception:

- a. Brief explanation of how birth control works.
- b. Hormonal contraceptive pill packet demo.
  1. Contraceptives fail 12.9% of the time.
  2. It is not morally wrong to be on the pill for medical reasons if you are not having sex. However, there is almost always something you can do that is better for your body and more effective medically.
  3. Conclusion: Is this honoring our bodies? Does this tell us that our bodies are amazing and miraculous?

## IX. SEX = Gift:

- a. Purpose of Sex
  - 1. Powers of life and love:
    - a) Procreation.
    - b) Permanent union. - Oxytocin - there is actually something amazing that happens in people's brains when they have sex...

## X. Loving Rightly Now:

- a. Chastity isn't just about sex, or waiting for sex.
- b. Story of chaste couple.

## XI. Practicals:

- a. LOVING NOW. Friendship. Authentic Womanhood. Being undivided.
- b. Prayer.
- c. Modesty: dress, speech, jokes, music, etc.
- d. Pornography
  - 1. 1 in 5 women (18%) use the Internet for sexual purposes habitually—every week.
- e. Dating: Be a gift!
  - 1. How far is too far? *affection vs. arousal*. -
    - 1. Affection = holding hands, sweet simple kisses.
    - 2. Arousal= Bodies getting ready for sex.
    - 3. Instead: how can I show this person their worth?

## XII. Mercy:

- a. Forgiveness, Confession, and starting over
  - 1. The past is the past! But now that you know, today is when you begin anew
  - 2. Confession is real, it is powerful, and we need it!

3. With the Lord there is Mercy

### **XIII. Don't forget the power of your Womanhood!**

- a. Personal witness
- b. "To a great extent the level of any civilization is the level of its womanhood. When a man loves a woman, he has to become worthy of her. The higher her virtue, the more noble her character, the more devoted she is to truth, justice, goodness, the more a man has to aspire to be worthy of her. The history of civilization could actually be written in terms of the *level of its women.*" – Fulton Sheen

### **XIV. COMMITMENT:**

- a. Chastity is a daily choice! It is difficult, but so worth it!
- b. Committing to live this out – commitment card.